

THERAPEUTIC INDICATIONS AND GENERAL ASPECTS OF *STHANIK CHIKITSA* IN *YONI ROGA*: AN AYURVEDA REVIEW

Dr. Ajayraj Vishwanath Bal*¹ and Dr. Vikas Vallabha Kasture²

¹Associate Professor, Department of *Stri Roga* and *Prastuti Tantra*, MES Ayurved Mahavidyalay, Ghanekhunt Lote, Tahasil Khed, District Ratnagiri (Maharashtra) India.

²Professor, Department of *Rasashastra* and *Bhaishajya Kalpana*, MES Ayurved Mahavidyalay, Ghanekhunt Lote, Tahasil Khed, District Ratnagiri (Maharashtra) India.

***Corresponding Author: Dr. Ajayraj Vishwanath Bal**

Associate Professor, Department of *Stri Roga* and *Prastuti Tantra*, MES Ayurved Mahavidyalay, Ghanekhunt Lote, Tahasil Khed, District Ratnagiri (Maharashtra) India.

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ABSTRACT

The health of women is very important not only for her family but for whole society and in this regard ayurveda mentioned various approaches for the management of health of female. *Sthanik Chikitsa* is one such approach of ayurveda which helps in the management of various *Stree Rogas* especially disorders belonging from female genital organs. *Sthanik Chikitsa* means local therapies such as; *Yonidhawan*, *Uttar –Basti*, *Yoni-Pichudharan*, *Yoni –Dhupan*, *Yoni-Puran*, *Yoni-Lepan*, *Yoni-Varti* and *Yoni-Parisheka* can be utilizes for the management of various *Yoni-Roga*. *Sthanik Chikitsa* play vital role towards the management of various diseases like; *Yoni Strava*, *Yoni Kleda*, *Yoni Arsha* and *Yoni Paicchilya*, etc. Present article explore some important aspects of *Sthanik Chikitsa*.

KEYWORDS: Ayurveda, *Stree Roga*, *Sthanik Chikitsa*, *Yoni-Roga*.

INTRODUCTION

The health of global society is prime concern of ayurveda and ancient philosopher of ayurveda paid huge attention towards the health of female. The ancient ayurveda physician believed that if women get affected with disease then not only she suffers lot but her family also gets affected. The good health of women is very important for healthy society prime and ayurveda paid great concern towards the health management of female. *Stree* mainly faces gynecological problems such as; itching at vulva, white discharge, foul smelling, burning sensation, micturation, vaginal discharge and vaginal

infections, etc. Ayurveda described many therapies for the management of common gynecological disorders (*Stree Roga*) and *Sthanik Chikitsa* is one of them. *Sthanik Chikitsa* (local therapies) helps to relieve itching, burning pain, discharge and bed smelling. **Table 1** mentioned some examples of *Sthanik Chikitsa* along with drugs and therapeutic indications of specific therapy. *Sthanik Chikitsa* provides significant relief from inflammation and vaginal infections thus cure several *Yoni-Roga*. Present article mentioned some vital aspects related to the *Sthanik Chikitsa*.

Table 1: Some examples of *Sthanik Chikitsa*.

S. No.	Types of <i>Sthanik Chikitsa</i>	Drugs/medication/materials used	Indications
1	<i>Yonidhawana</i>	<i>Triphala</i> decoction	<i>Kunapgandhi artavadushti</i>
2	<i>Basti</i>	<i>Jivaniya</i> drug	<i>Acharanayoni</i> and <i>Shushka yoni</i>
3	<i>Yoni Pichu</i>	<i>Jatyadi Taila</i>	<i>Mahayoni</i>
4	<i>Yonidhupan</i>	<i>Kustha & Guggalu</i> mixed in <i>Ghrita</i>	<i>Sutikaparicharya</i>
5	<i>Yoni Lepana</i>	<i>Triphala</i> with <i>Ghrita</i>	<i>Yoni Arsha</i>
6	<i>Yoni Puran</i>	Paste of <i>Yava</i> and <i>Masa</i>	<i>Kaphaja yonivyapada</i>

Sthanik Chikitsa described by ayurveda classics are as follows:

- ❖ *Yonidhawana*
- ❖ *Uttarbasti*
- ❖ *Yoni Pichu Dharan*
- ❖ *Yonidhupan*

- ❖ *Yoni Lepana*
- ❖ *Yonivarti*
- ❖ *Yoni Puran*
- ❖ *Yoni Parishek*

Yonidhawana

Yonidhawana means vaginal cleaning with water or medicated liquids. This procedure helps to clean vaginal passage and opening of uterus. Pure water, *Kwatha*, *Kshirpak* and oil, etc. can be used for *Yonidhawana*. *Yonidhawana* offers health benefits in *Yoni Kandu*, *Yoni Strava*, *Yoni Kleda*, *Yoni Arsha* and *Yoni Paicchilya*. Enema pot, cotton, hand gloves and sterile catheter, etc. can be used for same purpose. Patient advised to lie down in lithotomy position for procedure, sterile rubber catheter can be inserted into vagina and vagina is washed out with decoction. Vulva should be dried up with cotton after completion of procedure and procedure can be repeated as per requirements.

Uttarbasti

Uttarbasti means insertion of medicated materials into uterine and vaginal cavity, *Basti* given through *Uttarmarga*. *Uttarbasti* helps in infertility, urinary disorders and inflammatory conditions.

Yoni Pichu Dharan

Yoni Pichu Dharan means uses of medicated Tampoon made by cotton swab and wrapped with piece of gauze. It is circular and elongated in shape and possesses optimum capacity to retain and deliver medications. *Yonidaha*, *Yoni kandu*, *Yoni Paka* and *Yoni Srava*, etc. are some conditions in which *Yoni Pichu* can be used. Sterile *Pichu* soaked in medicated oil inserted into vagina in aseptic conditions.

Yonidhupan

Yonidhupan means fumigation of vaginal region with medicated smoke. *Yonidhupan* mainly used to disinfect *Bhaya yoni*. *Yonidhupan* mainly used for *Shweta Pradara*, *Yoni Kandu*, *Garbha Sanga* and *Apara Sanga*. *Kushta*, *Nimbapatra*, *Guggul*, *Vacha*, *Agaru* and *Vidang*, etc. can be used for fumigation purposes. Patient advised to sit on chair having hole in the middle that after smoke of *Dhupan Dravyas* allowed reaching up to the genitalia.

Yoni Lepana

Yoni Lepana means vaginal painting used for external application with medicated paste made with powdered *Churna* in water. The *Lepa* are three types based on consistency; *Pralepa*, *Pradeha* and *Alepa*. *Yoni Lepana* mainly indicated for *Yoni shaithilya*, *Yoni Arsha* and *Apara sang*.

Yonivarti

Vartis means wicks made by powdered drugs with binding agent. *Yonivarti* mainly indicated for *Karnini yonivyapad*, *Upapluta yonivyapad* and *Rakta pradara*. Various types of *Vartis* such as *Karpas varti* and *Kalka varti* can be used for different therapeutic purposes. *Varti* generally soaked in *Ghrita* and honey, inserted into vagina and removed after sometimes followed by vaginal washing with luke warm water.

Yoni Puran

Yoni Puran means vaginal packing in which vagina covered/filled with pastes, oils and powdered medicine. Pastes (*kalkas*) used mainly for this purpose for the management of inflammatory and infectious conditions.

Advantages of Sthanik Chikitsa

- ❖ *Pichu* helps to deliver medicine for longer period of time.
- ❖ It offers antiseptic and antibacterial property.
- ❖ *Yoni Varti* offers long lasting action thus minimizes chances of recurrence.
- ❖ *Yoni Dhavan* maintains hygienic conditions thus prevent infections.
- ❖ *Yoni Dhupana* offers complete disinfection or eradication.
- ❖ *Yoni Lepana* offers higher penetration into vaginal cavity and prevents external as well as internal infections.
- ❖ *Yonipurana* provide local therapeutic action.
- ❖ *Uttar Basti* helps to removes *Srotosangha* and maintains menstrual cycle.
- ❖ *Uttar Basti* helps to clears tubular blockage and relief infertility.
- ❖ *Sthanik Chikitsa* helps to cure disorders of reproductive tract.

CONCLUSION

Sthanik Chikitsa provides many therapeutic benefits in *Stree rogas*, however Ayurveda strongly recommended uses of aseptic conditions for the application of *Sthanik Chikitsa*. *Sthanik chikitsa* helps to treat various *Yoni Rogas* including *Yoni Kleda*, *Yoni Strava*, *Yoni Paicchilya* and *Yoni Arsha*. Ayurveda described many *Sthanik Chikitsa* for various therapeutic purposes such as; *Uttar Basti*, *Yonidhawan*, *Yoni-Pichudharan*, *Yoni-Puran*, *Yoni-Lepana*, *Yoni Dhupan*, *Yoni-Parisheka* and *Yoni-Varti*. These *Sthanik Chikitsa* not only considered as effective therapy for disease management but also provides advantages of being cheap and easily to use.

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